HOW TO CHOOSE AND USE A WALKER - General Information

How to Choose and Use a Walker

WHAT YOU NEED TO KNOW:

How do I choose a walker? Your healthcare provider will help you choose the walker that is right for you. You may need a walker with wheels or hand brakes. Walkers can be adjusted for your height. Some have built-in seats. Walkers may be folded for travel or storage.

How do I use the walker?

- **To stand up:**
  - Put the walker in front of you and slide forward in the chair.
  - Grasp the arms of the chair.
  - Lean slightly forward and push on the arms of the chair to raise yourself.
  - Grasp the handles and step forward into the walker.
  - Stand with your walker until you feel balanced and ready to walk.
  - Move the walker forward about 1 step ahead of you. Make sure it is firmly set on the ground before you step forward.

- **To sit down:**
  - Stand with the back of your legs against the chair seat.
  - Reach back with both hands to grip the chair arms.
  - Slowly sit down and slide back into the chair.

What are some safety tips for walkers that I should know?
• **Take small steps** when you use the walker. Do not move the walker too far in front of you as you walk.

• **Stand for a few seconds before you start to walk.** This will help prevent dizziness.

• **Look straight ahead when you walk.** You may run into or trip over something if you look at your feet.

• **Wear shoes with rubber soles**, such as tennis shoes. Do not wear slippers because they can slide off your feet and cause a fall. Do not wear shoes with leather heels or soles that may slide.

• **Check the rubber tips and wheels on your walker.** Replace them if they are worn down or torn. This helps prevent the walker from sliding or tipping over.

• **Check the floor to be sure it is safe.** The floor must be clean, dry, and well lit. Remove throw rugs to prevent falls. Tape or nail down loose carpet edges. Keep the traffic areas and the floor free of clutter.

• **Attach a bag or basket to the walker** to carry items you may need.

### CARE AGREEMENT:

You have the right to help plan your care. Learn about your health condition and how it may be treated. Discuss treatment options with your caregivers to decide what care you want to receive. You always have the right to refuse treatment.